Day one Programme- Saturday 23rd Sunday 24th, September2023.

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| **Time** | **Details** | **Notes** |
| Session 1  8.00 – 9.00 | Introductions / Theory ITFNZ self-defence handbook. | Power point/ role play, concepts.  (de-escalation). |
| Session 2  9.00-10.30 | Composition of Taekwon Do | Turning Theory into application. Preparation mind body attacking tools. / Body movement. |
| Break |  |  |
| Session 3  11.00 | Fundamental, applications | Patterns/ expanding applications. close quarter combat. |
| Session 3 continued  12.00-1.30 | Self-defence syllabus | Note individuals plan to practice Flinch mode. |
| **lunch** |  |  |
| Session 4  2.00-4.30 | Knife /stick defence/ ground techniques | Will need mats and props. |
| Q&A  Day one | summary | Questions |
| **Day 2** |  |  |
| Session 5  9.00-10.30. | Close quarter self-defence concepts for self-learning. take downs restraints. Close quarter concepts. | Developing self-protective responses and rationale for individuals to practice/ practical role plays  (Practical, only TKD). |
| **Break** |  |  |
| Session 6  11.00-12.30 | Dallyon. self-defence fundamentals.  Impact theories | Patterns, conditioning, reflecting the composition of TKD (Self Defence) |
| break |  |  |
| Session 7  1.00 | Leave with a plan for developing your self-defence  Putting it all together for your next grade. |  |
| Lunch | Finish |  |
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Note: the timetable is a guide, some sessions will require a more intensive warm up than others.